



ROUND 3 TIMETABLES



COUNTRY – SATURDAY 12TH DECEMBER

	BALLARAT	BENDIGO	GEELONG
Session 1	AVSL 1:30pm – 3:30pm 200m Walk – 1:30pm 2k Walk – 2:30pm Long Jump – All Session Discus – All Session	AVSL 1:30pm – 2:30pm 2km Walk – 1:30pm 200m Women – 1:50pm 200m Men – 2:10pm Long Jump – All Session Discus – All Session	AVSL 2:00pm – 3:00pm 2km Walk – 2:00pm 200m – 2:30pm Long Jump – All Session Discus – All Session
Session 2	<i>Added if required based on numbers</i>	AVSL 2:40pm – 3:40pm 2km Walk – 2:40pm 200m Women – 2:50pm 200m Men – 3:10pm Long Jump – All Session Discus – All Session	AVSL 3:10pm – 4:10pm 1500m (Non-AVSL Scoring) – 3:10pm 200m – 3:40pm Long Jump – All Session Discus – All Session
Session 3	Ballarat Competition (NON-AVSL COMPETITION) Visit BRAC website for more Info 3000m Hammer Throw Pole Vault	Bendigo Competition (NON-AVSL COMPETITION) 3:50pm 800m Pole Vault 100m	AVSL 4:20pm – 5:20pm 1500m (Non-AVSL Scoring) – 4:20pm 200m – 4:50pm Long Jump – All Session Discus – Session

METRO – SUNDAY 13TH DECEMBER

	ABERFELDIE	CASEY	DONCASTER	NUNAWADING
Session 1 9:00am – 10:00am	2km Walk – 9:00am 200m – 9:30am Long Jump – All Session Discus – All Session	2km Walk – 9:00am 200m – 9:30am Long Jump – All Session Discus – All Session	2k Walk – 9:00am 200m – 9:30am Long Jump – All Session Discus – All Session	2km Walk – 9:00am 200m – 9:30am Long Jump – All Session Discus – All Session
Session 2 10:15am – 11:15am	2km Walk – 10:15am 200m – 10:45am Long Jump – All Session Discus – All Session	2km Walk – 10:15am 200m – 10:45am Long Jump – All Session Discus – All Session	2km Walk – 10:15am 200m – 10:45am Long Jump – All Session Discus – All Session	2km Walk – 10:15am 200m – 10:45am Long Jump – All Session Discus – All Session
Session 3 11:30am – 12:30pm	2km Walk – 11:30am 200m – 12:00pm Long Jump – All Session Discus – All Session	2km Walk – 11:30am 200m – 12:00pm Long Jump – All Session Discus – All Session	2km Walk – 11:30am 200m – 12:00pm Long Jump – All Session Discus – All Session	2km Walk – 11:30am 200m – 12:00pm Long Jump – All Session Discus – All Session
Session 4 12:45pm – 1:45pm	2km Walk – 12:45pm 200m – 1:15pm Long Jump – All Session Discus – All Session	2km Walk – 12:45pm 200m – 1:15pm Long Jump – All Session Discus – All Session	2km Walk – 12:45pm 200m – 1:15pm Long Jump – All Session Discus – All Session	2km Walk – 12:45pm 200m – 1:15pm Long Jump – All Session Discus – All Session
HVC Hurdles (Non-Scoring)	Sprint Hurdles – 2:15pm			Long Hurdles – 2:15pm